

**\*Physical Activity Requirements-** The law requires that all students in grades K-5 in all public and accredited non-public schools engage in 30 minutes of physical activity each school day. In grades 6-12 students must engage in 120 minutes of physical activity each week. At St. Francis of Assisi our students in K-5 receive a minimum of 20 minutes of physical activity during lunch recess. Teachers will work to ensure the other 10 minutes of physical activity will occur throughout the day. Students in grades 6-8 will have 90 minutes of PE a week, plus 20 minutes of recess three days a week. Since recess can be used as a social time rather than physical activity it will not be counted in the number of minutes of activity. To ensure that all students are receiving the required amount of physical activity please fill out and return the physical activity form in the appendix of the family handbook.